

RAKUEN TRANSLATIONS

STATUS: ONGOING
TYPE: WEBCOMIC
URASUNDAY

1 Danberu nan kiro moteru?

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ARTIST: MAAM
2016

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る?
?

辛向

URA SUNDAY
COMICS
SANDROVICH YABAKO
& MAAM PRESENTS

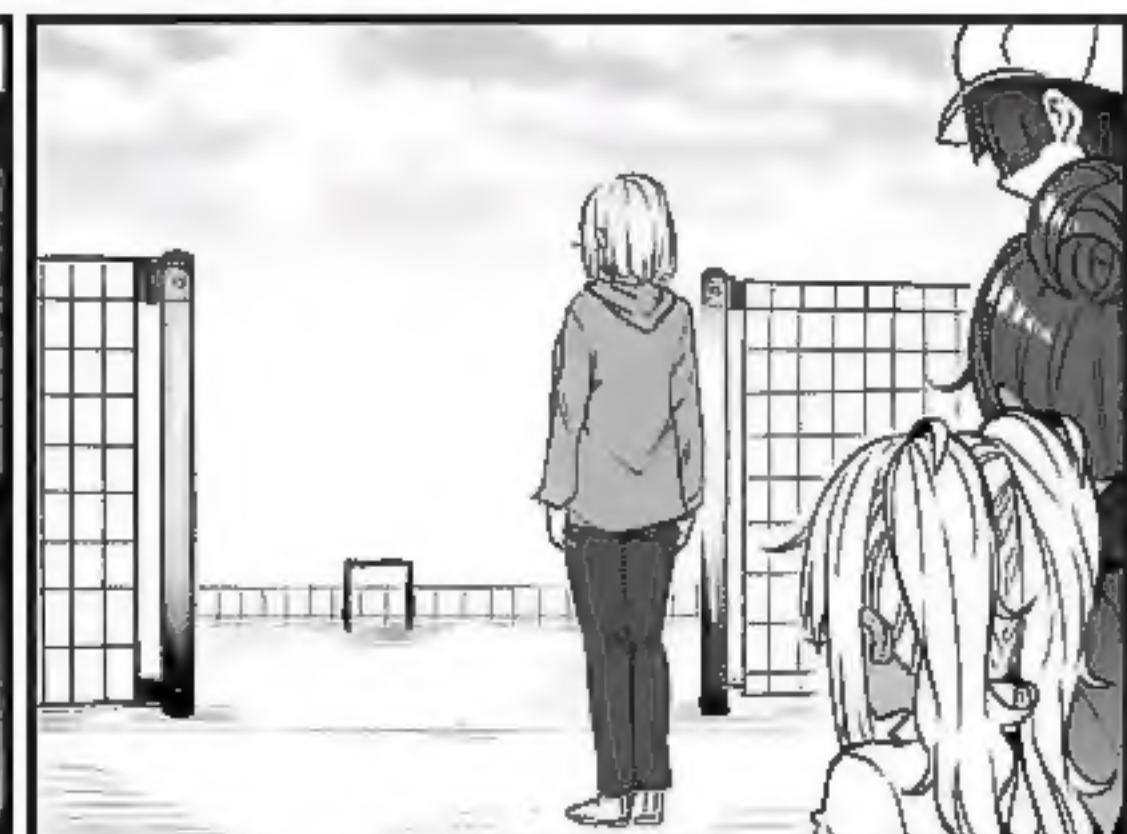
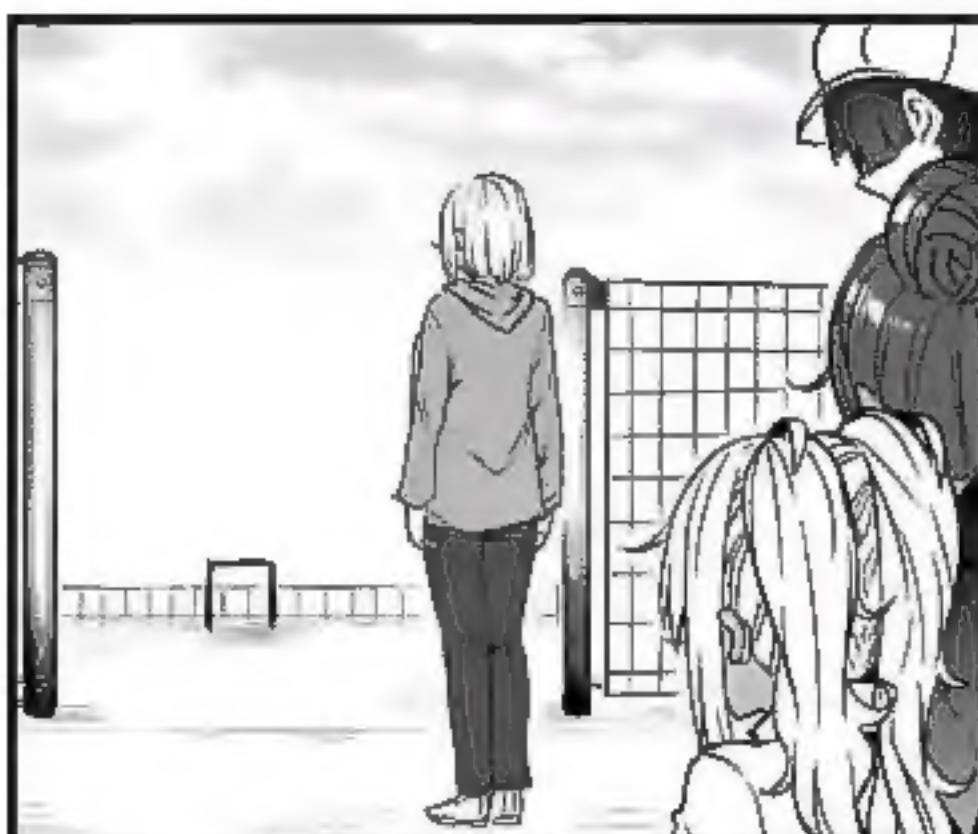
TRANSLATOR: /A/NONYMOUS TYPESETTER: PAPO41 CLEANER: PAPO41
PROOFREADER: /A/NONYMOUS RAWS: /A/NONYMOUS REDRAWER: PAPO41













WHY DID
YOU
BRING
THAT TO
THE
SHRINE?

*This book
appeared in
chapter 11!

READ WITH MUSCLE!

SPECIFIC
COMPONENT TRAINING
DICTIONARY
OZU TOSHI

MARTIAL
ARTIST IKEUCHI
MENTAROU'S
PERSONAL
FAVORITE!!

This book is
protein that
you read!

OH I KNOW!
I BROUGHT
THIS OVER
IN CASE WE
NEEDED IT,
AND NOW IT
MIGHT BE
USEFUL!!

NO NEED
FOR EQUIP-
MENT!
TRAINING
YOU CAN DO
ANYWHERE!

YEEAAAH,
THIS
AUTHOR'S
RANDOM
POSES
JUST PISS
ME OFF,
AS USUAL.

HERE
WE GO!
TRAINING
WE CAN
DO
WITHOUT
USING
EQUIP-
MENT!

YEAH.
NO
EQUIP-
MENT.

BUT UNLIKE
LAST TIME,
WE DON'T
HAVE
ANYTHING WE
CAN USE TO
TRAIN WITH.

HE'S SAYIN'
SOME NICE
THINGS,
THERE,
BUT THE
PICTURE
IS JUST
DUMB.

WHO'RE
YOU
FIGHTIN'
THERE,
OZU
TOSHI
(AU-
THOR)?

IN THIS SECTION,
I'LL INTRODUCE YOU
TO EXERCISES WHERE
YOU DON'T USE
EQUIPMENT AT ALL.
EVEN WHEN YOUR
SURROUNDINGS AREN'T
MUCH USE TO YOU,
YOU CAN STILL TRAIN.
THE CRUCIAL POINT
HERE IS THE MINDSET
TO "NEVER GIVE UP."

WH-
WHAT
THE!?

?

OH!!



SO
BASICALLY
BODY
WEIGHT
EXERCISES,
HUUH.
SO WE CAN
ONLY DO
STUFF LIKE
PUSH-UPS,
SIT-UPS,
AND BACK
EXERCISES.

WE REALLY
SUPER
DUPER
DON'T NEED
THAT,
SO JUST
GIVE US THE
EXERCISES
NOW.

I REALLY
DON'T
WANNA
SEE THAT,
BUT I'M
ALSO
REALLY
CURIOS
....!!

WHY IS
THIS
RIGHT
HERE...

A SECRET
GRAVURE
POSTER
OF OZU
TOSHI
(AU-
THOR)!!?

VARIOUS INTRODUCTIONS!! EXERCISES YOU CAN DO WITHOUT EQUIPMENT!!!



Latch your fingers together in front of your arms, and pull left from right. Aim for 70% strength for 7 seconds without holding your breath.

Pulling left from right

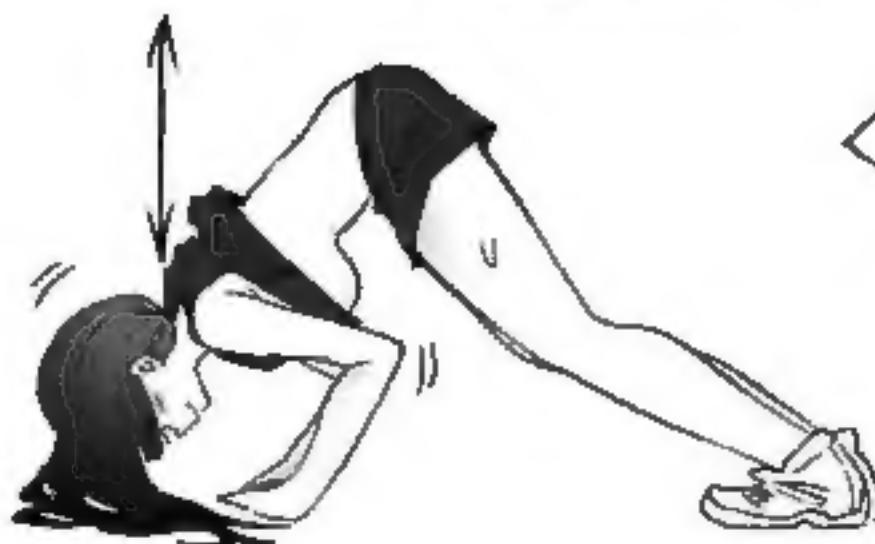
BACK:
KOMETRICS

Press your hands together in front of your chest, and press your palms together. Aim for 70% strength for 7 seconds without holding your breath.

Pressing palms together

CHEST:
KOMETRICS

(2) Only bend your arms without lowering your butt



(1) Get into the push up position and raise your butt.



SHOULDERS:

PIKE SHOULDER
PRESS

WHOA!
SO YOU CAN
DO OTHER
EXERCISES ASIDE
FROM PUSH
UPS!!!

Clamp your wrist down with your other hand

Relax your shoulders

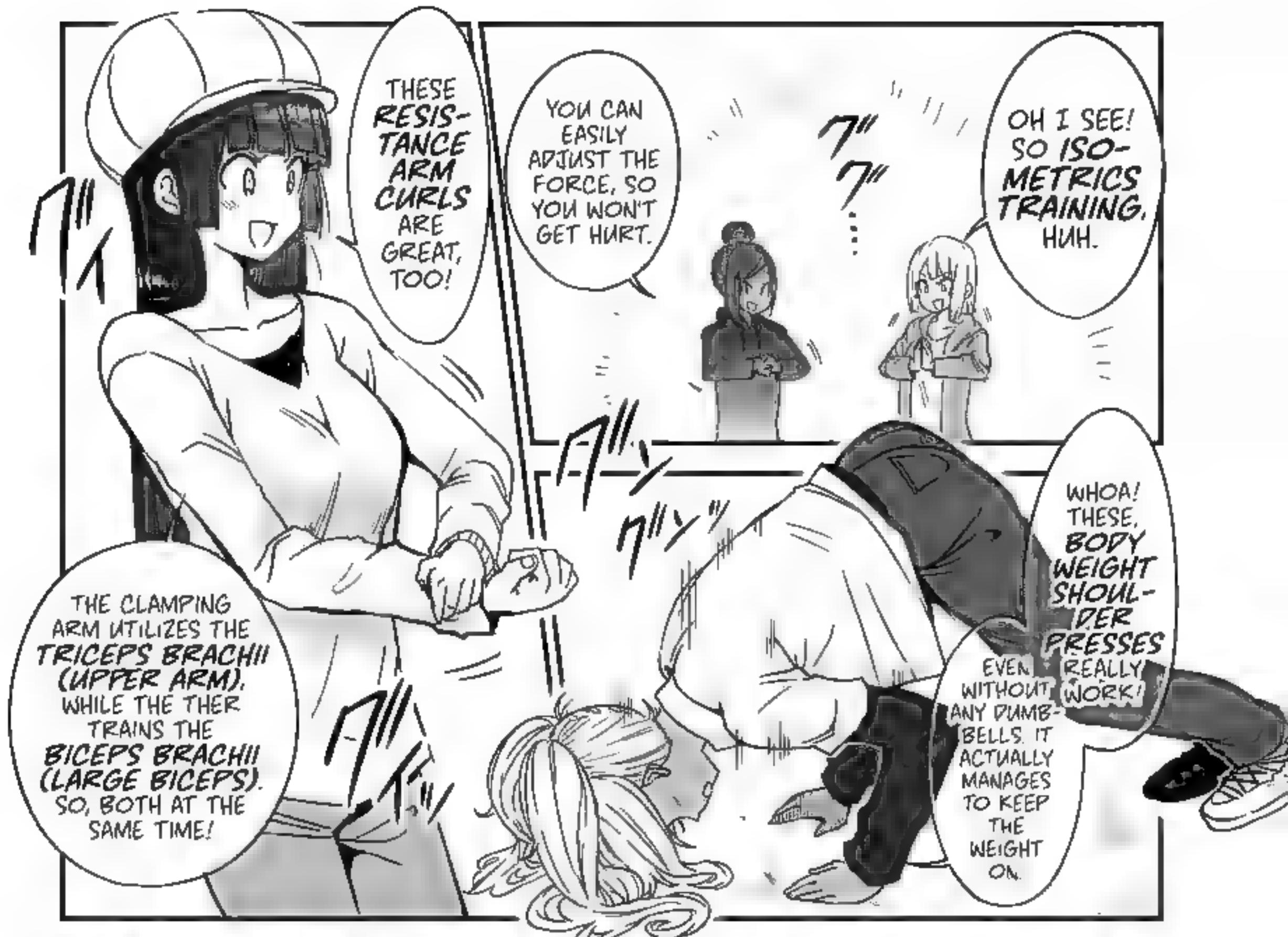


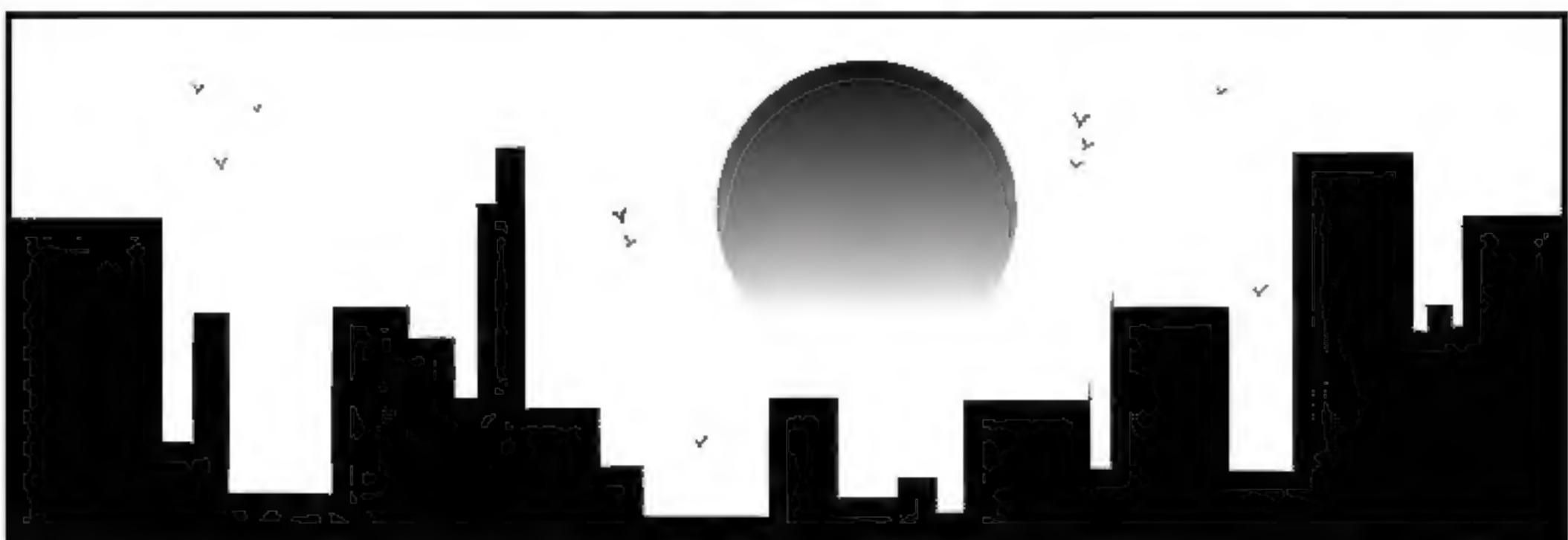
ARMS: RESISTANCE ARM
CURLS

MAKE SURE TO
WORK HARD AND
NOT BOTHER
ANYONE AROUND
YOU!!!!

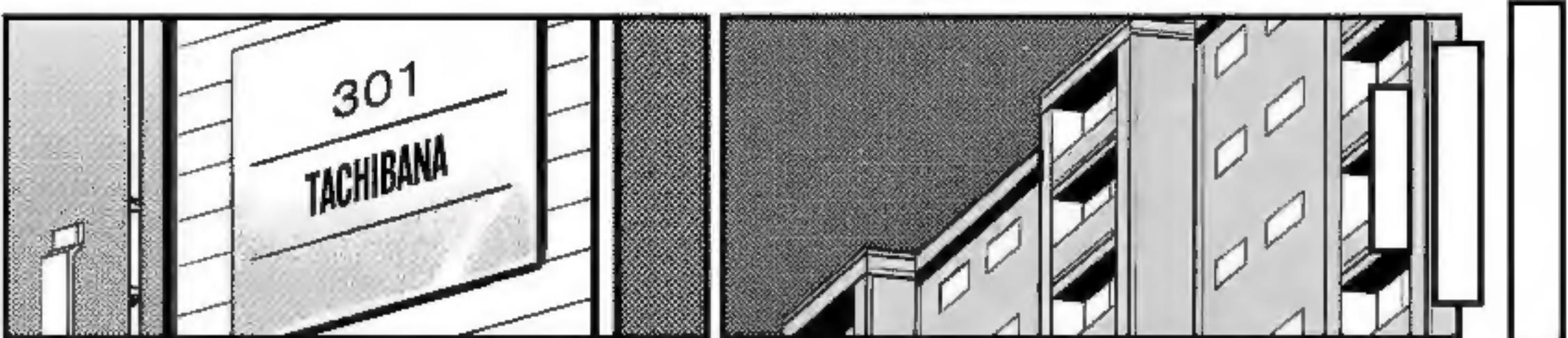
YOU CAN
TRAIN
ANYTIME
AND
ANY-
WHERE!!!

EVEN OZU
TOSHIO
APPEARED
TO
PRAY!!!!









TEMPLE FESTIVAL

